

THE SOURCE

Doug Moats and Steve Lindstadt Are October "Job Well Done" Recipients

By NRC's Employee Recognition Committee

Congratulations to Doug Moats, Mental Health Security Specialist — Guard, and Steve Lindstadt, OT Activity Assistant, for being selected as the October 2013 "Job Well Done" recipients.

Doug Moats has been employed at NRC since



August 1983. His co-workers stated in his nomination that he de-

serves this award because he goes above and beyond his duties as a guard as a member of the NRC Employees Association. He recently took five benches that were "junked" and sanded off several layers of paint, replacing the wood and painting them to be used as a fundraiser for the Employees Association and to give back to his fellow employees. This fundraising event raised \$350, and he asked for nothing in return and donated his time. Doug is always helping others and often volunteers to help without being asked. He also regularly

bakes, cans and cooks in his free time and brings the goodies to work for co-workers to sample.

Thank you, Doug, for all you do!

Steve Lindstadt has been employed at NRC



since September 1989. His co-workers
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Nebraska Sex Offender Treatment Program

Mission: Providing Sex Offender treatment to prepare for community reintegration while maintaining public safety.

Vision: Helping people rebuild their lives with no more victims.

“Job Well Done” Recipients

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stated in his nomination that he deserves this award because he is a “help all” kind of guy, assisting patients with almost anything in the OT department. He talks to patients

with a very positive voice, helps them out and shows them how to do things. Steve also heads the patient Work Therapy Program, which takes a lot of running and telephone calls, as well

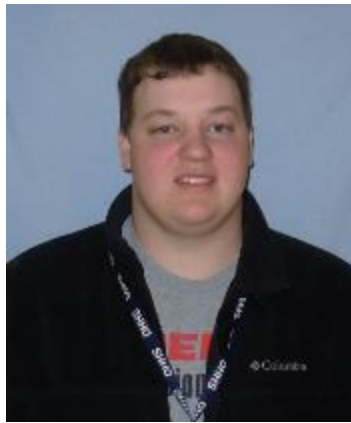
as record keeping, which is above and beyond his regular duties.

Thank you, Steve, for all you do!

Please Welcome New NRC Employees



Michael Saegebarth
Mental Health
Security Specialist II



Austin Rohrich
Mental Health
Security Specialist II



Devon Zwiener
Food Service Assistant

Employees Leaving NRC

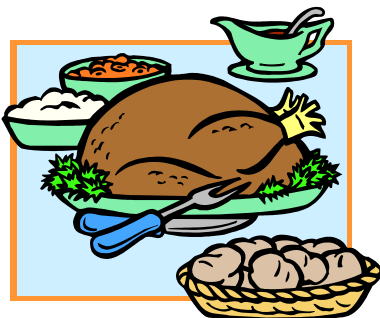
November 17, 2013
Trevor Nelson, Mental Health
Practitioner I

*“A creative man is motivated
by the desire to achieve, not
by the desire to beat others.”*

-Ayn Rand

What's Cooking at NRC

HOLIDAY TURKEY AND GRAVY



12-15 lb. turkey

1 can golden mushroom soup

1 can French onion soup

1 can cream of celery soup

1 can cream of chicken soup

1 can half & half

2 sticks butter

Wash and bake the turkey until done. Debone the turkey and place it in a very large baking dish. Mix the soups, half & half, and butter together and pour over the turkey. Cover the dish and refrigerate until the holiday. Bake at 325°F for 2 hours. Very delicious! Use the gravy as a topping for your potatoes.

(Submitted by Jann Drahota, and she challenges Doug Moats to submit a recipe for the next issue of *The Source*.)

Crazy Ideas

Submitted by TyLynne Bauer, Facility Operating Officer

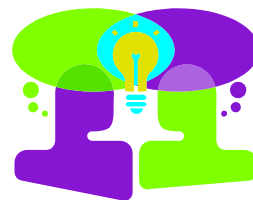
Some ideas sound logical right from the start. The wheel and fire were obviously great concepts from the get-go.

But I wonder who first watched a chicken lay an egg and said, "Hey, let's eat that!" Yuck! That was probably met with some skepticism. At the time, no one had visions of fluffy chiffons, lofty meringues, yummy omelets, or delicate soufflés.

New ideas always encounter criticism and opposition. But remember, most inventions begin in somebody's basement with one man or woman with a vision. The key is to believe in yourself and persevere.

So trust your crazy ideas. They could change the world!

- Suzy Toronto



Is Your Mind in Drag Racer or Bumper Car Mode?

By Joe Tye, Values Coach, Inc.

In his book, *The Shallows: What the Internet is Doing to Our Brains*, Nicholas Carr shows how email, instant messaging, web-surfing, and other internet activities are actually changing the physiological hardwiring of people's brains, making it harder for them to concentrate on any one thing for any period of time. Here's a metaphor that can help you consider the way you think: is your mind like a drag racer, or is it like a bumper car?

A top fuel drag racer lines up at the light, accelerates when it turns green, and four seconds later crosses the finish line going over 320 miles per hour; the driver knows that the slightest turn to the left or right would be disastrous. Is that how your mind works? Do you close your door at nine o'clock in the morning determined that for the next three hours nothing will prevent you from finishing the report, making your sales calls, finishing the budget report, doing employee evaluations, writing your chapter, or whatever your top priority happens to be?

Or is your mental mode more like that of a bumper car, careening almost randomly from

email to telephone to whoever stops in your office to whoever's office you stop into, then back to email, then following a link to an article that leads you to another article that has nothing to do with your key priority, and before you know it it's noon and the report hasn't been written, the evaluations haven't been done, and an empty pad of paper stares up at you from the desk?

You don't need to read Daniel Goleman's new book *Focus* (although you should) to know which mental mode is going to be more effective: drag racer or bumper car.

Here are six actions you can take to transform your own mental model from bumper car to drag racer:

Block Time: Set aside a sacrosanct time every day (at least five days a week) to work on your most important priority. In his book, *The One Thing*, Gary Keller — founder of Keller-Williams Realty, the world's largest real estate firm — says that if you're trying to accomplish some magnificent goal,

you should block off at least four hours a day. That's not realistic for many of us, but you *can* find a block of one hour to commit to your most important goal.



Visualize:

When I hike in the Grand Canyon, the last thing I do before falling asleep at night

is visualize myself packing up the next morning. That simple exercise helps me wake up more focused, and I waste less time fumbling around before getting back on the trail. Taking a few minutes to visualize yourself staying focused on your most important priority during the time you have blocked off for it will help you keep your eye on the finish line and not be looking for other cars to bump into.

Talk Back to Resistance: Resistance is the force that author Steven Pressfield describes in his book *The War of Art*. It's the inner emotional barriers that prevent us from doing our most creative work. As soon as you sit down to work on the Great American Novel

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Is Your Mind in Drag Racer or Bumper Car Mode?

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or to finally work on those past-due performance appraisals, resistance will remind you that you need to check your email, make a phone call, or anything other than what you need to do. Resistance will turn your drag racer into a bumper car unless you recognize it and plow through it.

Unplug: During your dedicated time, turn off email, cell phone and all other electronic diversions (the only exception being music if it helps you concentrate). Resistance will insist that you are far too important to not respond to email the minute something comes in, but you know that's just not true —

the world will not come to an abrupt end if you wait an hour to check your email.

Stand Up: Having a work surface where you can stand up periodically can greatly enhance your productivity. There are special desk attachments that can elevate your computer to standing height; you can put blocks under table legs for elevation; you can work at a kitchen counter. If you still find yourself losing focus, try standing on one foot (at a minimum, you won't fall asleep, unless you happen to be a para-keet).

Use the Power of DDQs:

Don't get your hopes up, it's not Dairy Queen! DDQs are Direction Deflection Questions. Whenever you find yourself tempted by distractions, stop and ask: "Is what I'm about to do going to help me achieve this one important goal that's in front of me right now?" If your answer is "no," ask yourself what *is* the most important thing you could do to achieve that goal. Then put on your blinders, put your foot on the gas, and head to the finish line.



The Many Faces of Vegetarianism

Adapted from the State of Nebraska Wellness Options website

Vegetarianism is more than nibbling on leaves. In fact, there are several degrees to a plant-based diet — depending on nutritional, environmental, or animal-rights concerns. As long as you incorporate adequate protein and nutrients from non-animal sources, especially for children and teens, eating more vegetables is always a plus.

Veganism is a philosophical stance based on avoiding anything animal-derived, including fish and even honey. Studies show that those

who follow a strictly plant-based diet have lower cholesterol, lower BMI, and fewer incidences of heart disease than their animal-eating counterparts. However, many can become deficient in vitamins D and B12, iron, iodine, and calcium without taking supplements.

Vegetarianism promotes a meatless diet rich in plants, but when it comes to eating fish, dairy, and eggs, there's a sliding scale. **Lacto-vegetarians** ditch meat and eggs but enjoy milk and milk products;

lacto-ovo vegetarians are open to eggs and

dairy. Some who claim to be **semi-vegetarians** do eat fish, while others also eat fowl. Want to explore vegetarian waters? Try protein standbys like seitan, tofu, and bean-based meals. If you're not ready to take the vegetarian plunge, start by surrendering red meat alone. Studies show cutting beef from the menu can lower cancer risk and be better for your heart.



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The Source is an employee newsletter written by the employees and published monthly for the employees within the Norfolk Regional Center. Articles and ideas for publication are always welcome and can be forwarded to any member of the Editorial Board.

It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be signed, but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter!

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'Twas the Night of Thanksgiving

'Twas the night of Thanksgiving, I tossed and I turned,
My food all digested; my stomach still churned.
The thought of some turkey with stuffing and pie
Was too tempting for me to repress or deny.
I ran to the kitchen, threw open the door,
And loaded my plate full of goodies galore.
Turkey, cranberries and yams piled high,
I barely had room for some leftover pie.
My stomach grew huge and my face got all red,
I couldn't get back up the stairs to my bed.
I bit off more food than I guess I could chew.
But I'd do it again in a flash ...
Wouldn't you?



Toasted, Roasted,
Baked and DONE!
Hope your Thanksgiving
was loads of fun!